

Start the School Year with a Smile

Did you know that 30% of kids miss school due to oral health problems?¹ This fall, make sure your child shines inside and outside the classroom.

3 back-to-school tips

1

Take your kids to the dentist.

Start the school year right with a dental checkup. Ask your child's dentist about sealants and fluoride treatments to prevent decay.

2

Pick the right snacks.

Swap out lunchbox no-no's with these healthy alternatives.

Instead of...

chips, crackers, granola bars, candy, juice, soda



Choose...

nuts, carrots, celery sticks, cheese, milk, water



3

Make brushing and flossing fun.

To keep their mouths healthy, kids need to brush twice a day for two minutes at a time and floss every day.

Use a sticker calendar.

Let your kids place stickers on each day to represent brushing and flossing.

Play music.

Collect your kids' favorite 2-minute songs and make sure they brush the whole time.

Let your kid pick

a themed toothbrush in his or her favorite color.

Provide a kid-friendly floss holder.

These Y-shaped devices make flossing more comfortable.

¹ 2015 Delta Dental Children's Oral Health Survey